

As seen on BBC COUNTRYFILE



**The Oak Tree**

Low Carbon Farm

## Allotments Made Easy!

At The Oak Tree Low Carbon Farm we grow food together, we're a bit like a large, shared allotment.

We share out the harvest each week too, so everyone gets a regular supply of ultra fresh, seasonal vegetables. Free range eggs, soft fruit and cut flowers are also available and our produce is grown without the use of artificial chemicals.

Much easier than an allotment; great for making new friends and you get to spend time outdoors in a beautiful green space!  
No experience needed, all ages welcome, family-friendly.

Our two paid growers do most of the hard work and our members choose from a list of tasks each week.

Work up to 2 hours a week on average at the farm in summer and up to 1 hour in winter. We have regular work parties, harvest days and we also organise social events at the farm.

We offer a no-work 'Armchair' option too! Simply choose from our three membership options which one suits you best. We are a Community Supported Agriculture Scheme and social enterprise in Rushmere St Andrew (just East of Ipswich).

**Interested? We have a few places available. Find us at:  
[www.the-oak-tree.co.uk](http://www.the-oak-tree.co.uk) Email: [hello@the-oak-tree.co.uk](mailto:hello@the-oak-tree.co.uk)**



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